

# BREAKTHROUGH

JUNE 1985

## APPLICATIONS OF MONROE HEMI-SYNC TAPES TO TREATMENT OF BEHAVIORALLY DISORDERED RETARDED CLIENTS

By

Ron Brill

At this point, I have been using Hemi-Sync tapes with a handful of cases at an institution for the severely and profoundly retarded, with about 1650 residents of all ages in a variety of treatment centers. About 36% of the residents are administered some form of psychotropic drug - often to aid in the control of behavioral problems. The two cases discussed here fell into that category.

The cases come from a 90-day program designed to help clients whose behavioral problems prevent them from residing in the outside community. The goal of the program is to determine the cause of their behavioral problems, to develop a plan to turn that set of behaviors around (with the help of the client's local counselors), and return the client to his local community.

Interestingly enough, the cases in which I have used Hemi-Sync with the clients have been brought to me by the staff - a few knew from conversations that I personally used some sort of audio tapes that supposedly induced relaxation. In the two cases that follow, both clients demonstrated outbursts of disruptive and attention-seeking behavior - generally in the form of extreme self-abuse which required physical restraint. The staff felt my tapes were worth a try.

I should note here that in addition to the Hemi-Sync tapes, I enlisted the aid of my wife Andrea - a psychic with the ability to do Inner Mind readings. Her readings of my clients provided some specific insights as to the causes of behavioral problems as well as how to proceed with the counseling sessions that followed the tapes.

### CASE I - PETER

Data: 23 years, male, IQ 60, mildly retarded, good verbal skills, limited reading/writing ability, does simple math. Both parents deceased, mother history of mental illness. Multi-problem home, he was tied to his bed his first four years. Disruptive, attention-seeking behavior characterized by: crying, disrobing, running into the street, scratching his face, pulling his hair and banging his head on the ground. Says he's very angry with God - tore up a Bible in church. Referred to 90-day Unit for treatment.

Peter was facing long-term institutionalization. He had already spent 135 days in the Unit's 90-day program with no impact. Psychotropic drugs were being administered and Peter was still having self-destructive outbursts every 2-3 weeks; outbursts that required physical restraint.

MONROE INSTITUTE OF APPLIED SCIENCES  
P.O. Box 175, Faber, VA 22938 ... (804) 361-1252

When the staff first brought Peter to me, he was depressed, anxious, and unable to articulate well. He seemed to feel guilty about past behaviors and felt responsible for many of his problems. He was unable to feel good about himself, and unable to sleep well at night. I was given one month to work with him.

With that kind of time limitation, I didn't hesitate to ask Peter if he would listen to a Hemi-Sync tape over headphones the very first session. I suggested that it might be helpful and relax him enough to get a good night's sleep. He was very open to it and said it would be nice to feel relaxed. I started with an old Focus 10 reinforcement tape called "Systematic Body Relaxation," which relaxes from feet to head and takes one down to Focus 10 on a spiral staircase. I selected that tape for use with clients because it is easy to relate to verbally and contains no "esoteric" language. I explained the tape to Peter beforehand so he would be prepared for the Energy Conversion Box. I mentioned that the affirmation is like a prayer and Peter went along with that.

During counseling sessions after a tape, I tried to get a feeling for who Peter was, how he felt about himself, and let him know I took what he said seriously. I learned that Peter felt very insecure about himself and felt guilty about not doing well in the past. I stressed that those actions were in the past and he didn't have to be locked in to that past. I told him he could let go of those things and recognize that he had changed for the better.

During one session, after playing the Focus 10 tape for Peter, I followed it up with a visualization exercise I had developed for use in conjunction with the "Soft and Still" Hemi-Sync tape played over open speakers. I talked Peter into a quiet place and then had him look into his childhood. I got him to recall some bad experiences and the bad feelings that went with them and then brought him forward so he could see how much better he was now. I encouraged him to leave those feelings back there and recognize who he was. Peter seemed to like this process a great deal and said it made him feel good. While talking about the future, he kept saying he wanted to walk on water. Though I took him seriously, my first response was, "So would I." I was soon to learn that this was a major piece in Peter's behavior problem puzzle.

After 6 or 7 sessions Peter was saying he felt better and was sleeping better. He showed an upturn in mood in some respects, but the issue of wanting to walk on water obviously had some tremendous significance. Peter attended the Pentocostal Church back home, and had gotten fairly close to the preacher. The two talked about Peter's problems; the preacher's religious interpretations were taken by Peter to mean he was guilty in the sight of God.

About that time, I went to my wife Andrea for an "Inner Mind" reading of Peter. She sensed, first of all, a gratitude from Peter for the relaxation he got from the tapes and the fact that I was willing to listen to him and treat him with respect as a human being. I asked what I should do to continue to help Peter. I was told to continue to use the tapes and to help Peter unravel the knots, discuss his questions, and help him realize the relaxed feeling he got from the tapes could be applied to the things that upset him. Peter was beginning to believe he was an OK person, and that should be encouraged. I asked about the religious issue. Andrea saw Peter carrying a cross much bigger than he could bear with a sense of responsibility and guilt. Religion became the focus of our conversations for the rest of the month.

I began to see some of the conclusions Peter had drawn about himself...If he could walk on water, then he was perfect in the sight of God. That was Peter's utmost desire - and only if he was perfect would he be a "good" person. Since he couldn't walk on water,

he was not perfect, and therefore could not consider himself good. As a result, he was very angry with God for not letting him be perfect. That was why he tore up the Bible in church.

I told Peter that God doesn't make us perfect, but takes us by the hand and leads us through experiences by which we learn and become better and better. Peter clung to what the preacher had told him, so I gave him some alternative ways of looking at things. I said that simply being in the special Unit was one of God's ways of taking him by the hand and giving him the opportunity to make positive changes. Wasn't he beginning to sleep better and feel better about himself? Positive changes like that were certainly steps toward the goal of perfection that everyone was seeking. Peter could accept that. I assured him I would also like to walk on water - and fly, for that matter - but I had a long way to go before I reached perfection, too.

Within the month, and a total of 13 tape/counseling sessions, Peter's outbursts had ceased. He went back to a group home in his community and has been there for almost a year. He still has occasional outbursts but the frequency and severity are greatly reduced. I sent Peter a copy of the tape and the group home got him a tape player and encouraged him to use it. The staff realized that something happened with Peter at the special Unit and was willing to support his continued progress. At one point, Peter broke the tape; a number of other things got broken during that outburst and Peter didn't seem to attach any significance to breaking the tape. They asked for another tape and I sent it. One problem seems to be that the local psychologist who also knew Peter before is neither changing his attitude toward Peter nor supporting Peter's new outlook.

#### CASE TWO - SUSAN

Data: 35 years, female, mildly retarded, excellent receptive language skills, speech difficult to understand, does simple addition and subtraction on fingers. Institutionalized from the ages of 15 to 27. Self-destructive outbursts similar to Peter's, but instead of just being angry with God, Susan was angry with everybody. Referred to 90-day Unit for treatment.

Like Peter, Susan was a problem case. Her stay in the 90-day program had been extended to over 4 months. Despite psychotropics, her outbursts (which had begun at the age of 6) continued to take place about once a month, lasted two or three days, and required physical restraint.

I had two months to work with Susan and positive changes were dramatic after 6 or 7 sessions with the "Systematic Body Relaxation" Focus 10 tape. She went from disliking the staff to liking them and allowing them to help her. She progressed from a totally negative self-concept to feeling good about herself and saying things like, "I feel alive" and "I'm so happy." She reported better sleep and feeling more relaxed. She began to show a sense of humor. She was ready and willing to return to her group home. The tantrum behavior stopped except for one episode when another client was, in fact, picking on her. Susan's thorazine medication was greatly reduced.

Andrea's inner mind readings of Susan had indicated Susan had chronic tension stemming from blocking her emotions and a lack of acceptance of her father's death. I used this information in the counseling sessions, helped her come to terms with her father's death, and used the tape to let her open up to her blocked emotional energy.

Susan is now back in a group home located near her sister's house. She is working in a sheltered workshop, continues to use the tape I gave her, and has not had a single outburst since she left the special Unit.

## CONCLUSIONS

I feel Hemi-Sync was instrumental in these two cases. Using Hemi-Sync tapes should not be just a mechanical process, but a human process that is incorporated into our therapy. It's very important that Hemi-Sync can be used with clients on medication. The Hemi-Sync signals on the tapes are appropriate, but not all the language on the currently available tapes is appropriate. Hemi-Sync has opened doors for these clients that might never have been opened otherwise.

The special Unit's staff is now willing to consider the use of Hemi-Sync, because they were ready to give up in the two cases cited. The institution staff as a whole is composed of dye-in-the-wool behaviorists. However, as some kind of vote of confidence, they allowed me to order four tape players and headphones. I am now working with other psychologists there who are interested in using Hemi-Sync with a variety of retarded clients who have a variety of problems.

Ron Brill is a licensed psychologist in Virginia with extensive personal experience with Hemi-Sync and has done 3 week-long workshops over 7 years. He has been working with retarded, emotionally disturbed, learning disabled as well as delinquent children and adolescents in schools, group homes and residential treatment settings for 16 years. He has recently begun using Hemi-Sync tapes with these client populations. Ron is now in full time private practice of counseling, consulting and presenting workshops.

. . . . .

## PROFESSIONAL REPORT

By

John Harvey Gray

I am a teacher and practitioner of a system of hands-on healing called Reiki. Reiki means Universal Life Force in Japanese, and the system utilizes this Force, which is known by different names in different systems - prana, orgone energy, chi, etc. I have been working with this system for eleven years, since 1976 as a Master Instructor, and have given over 200 Reiki workshops to date.

### Background

I believe the Reiki practitioner channels this Force in through the chakras, through his body, and out his hands - which supplies energy to the cells under his hands. When filled with energy, each cell starts operating in an optimum manner. As a result, the body system can acquire energy to throw off all manner of ailments. Whether the problems are thrown off depends on the person receiving the treatment, since the person giving the treatment only delivers energy.

I have discovered that my delivery is affected by the meditative level in which I work. The training I've received in Focus 10, 12 and 15 seems very useful in adjusting my own delivery rate to the client's needs. And the way the client receives the energy also may affect the treatment. The Reiki process itself puts the client into a deep relaxation response. But I have been using certain Hemi-Sync tapes during the treatments and seem to have even more relaxed clients than without the tapes.

### Method of Approach

I have used several Hemi-Sync tapes in the last year. The one most often used has been the Metamusic Green. This seems to place the client in a very receptive mode.

During a Reiki treatment the client lies on a massage table with stereo speakers on either side of the head of the table through which the Hemi-Sync tapes are heard. The Reiki system can work with mental and emotional problems as well as with physical problems. My thesis is that most physical problems are based on mental and emotional patterns developed early in childhood. I have been using a Free Flow 12 tape to take a client back through time to the source of the trauma, and then deliver Reiki to that old trauma.

I also do forward excursions that are goal-oriented. We decide what we would like to occur in the future, pick a date when that should happen, and then use the Free Flow 12 tape to move forward to a future time in which the occurrence has manifested.

#### Research Expectations

During the next two years I would like to find out what Hemi-Sync signals are best for straight hands-on Reiki treatments. I would like to be able to develop a documentation that identifies the benefits from the use of Hemi-Sync with hands-on healing techniques.

. . . . .

#### THIRD ANNUAL PROFESSIONAL SEMINAR

The week of October 13-17 is fast approaching. MIAS is looking forward to hosting the 3rd Annual Professional Seminar here in Virginia. The presentations have been scheduled and are as follows.

#### EFFECTS OF REST AND HEMI-SYNC COMPARED TO EFFECTS OF REST AND GUIDED IMAGERY ON THE ENHANCEMENT OF CREATIVITY IN PROBLEM SOLVING

Deborah A. Baker, PhD. is a counseling psychologist and hypnotherapist from New Orleans, LA. She will be presenting her research project in finding avenues to enhance creativity in problem solving while facilitating the float experience and finding methods to accomplish this in a short period of time.

#### HEMI-SYNC AND MUSIC INTERVAL IDENTIFICATION

Gregory Carroll, PhD. is an assistant professor of music at the University of North Carolina. Greg's presentation is about a controlled study performed at UNC-Greensboro which was designed to examine the students' potential for accelerated learning in an area of general musical literacy which includes the ability to identify the various sizes of music intervals and the retention of non verbal information that is basic to this ability. His presentation will focus upon his findings-observations and will provide information about potential applications pertinent to the music field.

#### CONSTRUCTIVE WORK IN PSYCHIATRIC TREATMENT SEEMS AIDED BY USE OF MONROE TAPES

Edwin Z. Levy, M.D. is a psychiatrist from Topeka, KS. He will be discussing several cases including helping a woman "cleanse" herself from rape memory that has plagued her for twelve years and the reduction of envy, fear and rage in others while using the Mission 10 tape from the Exploring album. He will also discuss successes he has had in the establishment of communication, connection between, and ultimate reunion of split parts with his patients.

FACILITATION OF LEARNING: THE USE OF MUSIC AND HEMI-SYNC WITH CHILDREN WITH DEVELOPMENTAL DISABILITIES

Suzanne Evans Morris, PhD. is a speech-language pathologist from Madison, WI. Her presentation will explore the concept of facilitation of improved neurological organization for learning the auditory system. The use of music and Hemi-Sync with infants and children with cerebral palsy, seizure disorders, sensory integration dysfunction, mental retardation and childhood autism will be discussed. Videotaped case histories of several children will be presented.

MULTIPLE PERSONALITY: THE QUESTION OF SPLIT POSSESSION AND MEDIUMSHIP

Roy Salley, PhD. is a clinical psychologist from Richmond, VA. Roy's presentation will describe the hypnotherapy of a multiple personality patient. Assistance was provided by information channelled from one of the Explorers at the Monroe Institute. The relevance of multiple personality phenomena to the Explorer material will be discussed.

DISCOVERING THE SHADOW: A DISCUSSION OF THE VIEWS OF THE DISCOVERY TAPES FOR RELEASE OF THE DARK SIDE

Robert Tollaksen, M.A. is a biofeedback psychologist who directs a pain clinic at Memorial Hospital in St. Joseph, MI. Case histories will be used to illustrate the release phenomenon of the dark side of one's personality and ways suggested to maximize its healing effects.

SYNCHRONOUS BRAINWAVE PATTERNS IN THE MIAS LABORATORY

Dave Wallis, the technical director of the MIAS laboratory, will be presenting a paper with a video presentation which will give a brief description of the "mind mirror," a bi-lateral electro encephalographic device that displays amplitude and frequency of right and left hemispheric activity in graph form. He will relate its use in the laboratory with Explorers to document synchronized brainwave patterns.

In addition to the presentations, participants in the Professional Seminar will listen to some Hemi-Sync tapes, take part in group discussions, and have time for social and leisure activities. For more information about the Professional Seminar contact: Jean Wallis, Professional Division, MIAS, Rt. 1 Box 175, Faber, VA 22938. (804) 361-1252.

. . . . .

SEND IN YOUR REPORTS

Would you like to see your findings on the use of Hemi-Sync with clients, patients, or students published in "Breakthrough?" Well, so would MIAS and your fellow professional members. This is your newsletter, so please help us keep it going by submitting your typed reports to: Jean Wallis, Professional Division, MIAS, Rt. 1, Box 175, Faber, VA 22938.

I feel they must understand why the physical symptoms or the mental disorders occurred and what they subconsciously tried to gain out of them. I then try to focus on their real goals and get, so to say, into a new state of hypnosis, concentrating on the expression of their own personality-aspects, their true needs and desires.

This is now where I use the assistance of the Hemi-Sync signals. I found in my experience with patients that listening to the Hemi-Sync Surf puts them into a frame of mind most suited to let go and focus on a new program of their life, forget the past and present problems, their environment, and concentrate utterly on the desired physical and mental conditions they want. They sink into a hypnotic state that is not like a state of deep hypnosis, where they more or less lose their sense of control; but rather, into a very relaxed state of body and mind where I still lead but where they feel they do the main work and are in perfect control of everything. This adds a lot to their self confidence later on.

In this state we not only create new mental and emotional patterns, but also change environmental patterns, including the physical body, where occasionally spontaneous healing occurs.

Many people who come to me are in a very bad physical state that makes it hard to stimulate the self-healing powers needed. In these cases I add some additional power by means of magnetic and spiritual healing for a limited period of time, and use the Hemi-Sync signals to help the patients and also myself to let go. When I dealt with the patients for some time and feel that they made some progress, I produce individual cassettes for them to help them continue the treatment at home.

Mainly there are active and passive cassettes. The passive cassettes are designed in a way that the patients can comfortably listen to and can even go to sleep still having the same effect. Depending on the patient, I use Hemi-Sync Surf, Metamusic Blue and Green, if they should be used during the day; Exploring Night and Day for the use at night or in the morning.

The active cassettes are designed to help the patients concentrate in a certain direction and are mainly used in the process of self-healing. I use the Concentration tape for that as this background helps to concentrate with ease.

Let me tell you about some cases where my work coupled with the Hemi-Sync Process proved to be most effective.

1. Ten year old boy: suffering from bad fever attacks combined with an imbalance of blood corpuscles (cause of fever attacks not known), and under medical care for over a year with no improvement of the condition.

He was too restless to give him healing or to start any hypnotic treatment, so I let him listen to Metamusic Green in order to calm him down and was then able to start magnetic healing. He seemed to be very receptive and was healed after about three months.

2. 40 year old woman: had undergone two cancer operations, in a very depressed state, weak, suffering from bad pain caused by cancer in the hip area and at the back, did not recover from the operation and had no desire to live on. She was under medical and psychiatric care.

We developed together her new life pattern, used the Hemi-Sync Surf that reminded her of a nice holiday in Spain to bring her into a hypnotic state, and let the pattern sink into her subconscious levels. While doing this I also gave her some healing. After three weeks I had to go to Britain and therefore produced for her a healing and patterning cassette. On my return she nearly had recovered completely, went shopping again and there was hardly any pain left.

3. 43 year old woman artist: under bad nervous tension, hardly could talk and breathe, very depressed, could not work as an artist any more for over two years, in deep financial debts, left alone by her old boyfriend, did not want to live on. I used Metamusic Green to relieve her tension, to free her into a hypnotic state which I used to let her new life pattern sink into her subconscious levels. After two weeks I produced for her a patterning cassette which she heard before going to sleep. Only two months later she arranged an exhibition about her work, and did some very nice drawings for me as well.

\* \* \* \* \*

#### IMPORTANT NOTICE

The dates of the Professional Seminar for 1985 have been changed. The old dates were October 9-13, 1985. The new dates are:

October 13-17, 1985

Several Professional Members indicated that they would like to stay over for the Gateway Program that immediately follows the Professional Seminar, so the dates were changed to make this more convenient for those who want to stay.

Please note these new dates on your calander. Further program information will be released at the end of April to all members.